

Attention Senior Clubs and County Council on Aging!

Please complete the following information if your senior citizen club or county council on aging has recently elected new officers. The information should be sent to: Regional Aging Service Program Administrator, Northeast Human Service Center, 151 S. 4th Street, Suite 401, Grand Forks, ND 58201.

NAME AND ADDRESS OF SENIOR ORGANIZATION:

NAME AND ADDRESS OF NEW PRESIDENT:

TELEPHONE NUMBER OF PRESIDENT:

PLEASE SHARE THIS NEWSLETTER WITH YOUR MEMBERS!!!

NORTH DAKOTA AGING and DISABILITY Resource-LINK

Your Care Choice Connection to Aging and Disability Resources

1-800-451-8693

www.carechoice.nd.gov

Regional Aging Service Program Administrator
Northeast Human Service Center – Aging Services
151 S. 4th Street, Suite 401
Grand Forks, North Dakota 58201
(701) 795-3000 Toll Free: 1-888-256-6742
Fax (701) 795-3050

RETURN SERVICE REQUESTED



☐ Please correct your mailing list
☐ Please delete my name from list
ATTACH THE OLD MAILING LABEL

AGING SERVICES

Volume XI Number 1

Region IV Serving Grand Forks, Nelson, Pembina & Walsh Counties

Winter 2009

INSIDE THIS ISSUE

New Veterans Clinic.....p.4
Are You Ready? Flooding....p.5
Do Not Call.....p.8
2009 ARRA.....p.9
Telephone Numbers.....p.11

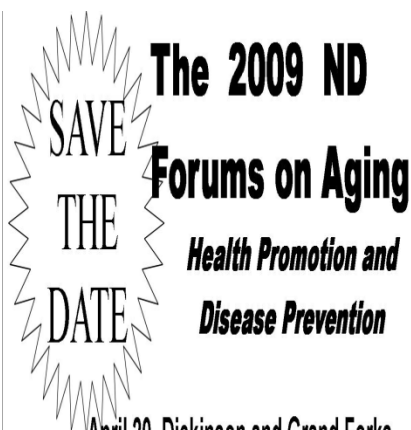
Aging Services Newsletter

Please share this newsletter with a friend, coworkers, at your senior center, post on a bulletin board, etc....If you wish not to be on the mailing list for the newsletter please call 795-3000 and ask for Patricia Soli. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. Northeast Human Service Center makes available all services and assistance without regard to race, color, national origin, religion, age, sex or handicap and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975 as amended. Northeast Human Service Center is an equal opportunity employer. This publication can be made available in alternate formats.



MISSION STATEMENT:

In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.



**The 2009 ND
Forums on Aging**
*Health Promotion and
Disease Prevention*
April 20, Dickinson and Grand Forks
April 21, New Town and Williston
April 22, Ellendale and Lisbon
April 23, Bismarck
April 24, Rugby

Keynote Presentations

Dr. James H. Swan

Professor, University of North Texas, Department of Applied Gerontology

Susan Raymond

Aging Program Specialist, Region 8 Administration on Aging

AARP

"Healthy Lifestyles"

Watch for more information in your local
newspaper and your mail!

Sponsored by:

The ND Governor's Committee on Aging in cooperation with the ND Department of
Human Services, Aging Services Division

**Grand Forks
Monday, April 20, 2009
AGENDA**

11:45 am Lunch

1:00 pm Welcome and
Introductions - Ray Siver, Vice
Chair, Governor's Committee
on Aging

1:05 am Keynote: "Health
Promotion and Disease
Prevention" Capt. Zachary
Taylor

2:00 pm Gretchen Dobervich,
Director, Minnesota/North
Dakota Alzheimer's
Association

2:45 pm Break

3:00 pm Panel
Discussion: "Home and
Community Based Services"

3:45 pm "New Techniques To
Prevent and Treat Eye
Diseases"

Dr. Gerald Gaul

4:30 pm Closing Remarks,
Door Prizes, Evaluations

Location: Grand Forks
Senior Center, 620 4th Ave.
S., Grand Forks

To register: Call

701-772-2708. Please
register by April 17, 2009.

*A Title III meal will be served.
Individuals age 60 and over
the suggested contribution is
\$3.50. Individuals under the
age of 60 will be required to
pay the full cost of the meal
which is \$7.00.*

Keynote Speaker: Captain Zachary Taylor, MF, MS

Captain Taylor is the Regional Health Administrator for the U.S. Department of Health and Human Services' Office of Public Health and Science, Region VIII office. Region VIII includes the states of Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming. As the RHA, Captain Taylor advances prevention and emergency preparedness and coordinates regional activities across HHS agencies in Region VIII and is a conduit for information about public health issues between HHS and State and local representatives in the region.

Prior to being named as the RHA in 2006, Captain Taylor was with the Centers for Disease Control and Prevention where he was Chief of the Field Service and Evaluation Branch in the Division of Tuberculosis Elimination for six years. Captain Taylor is a career officer with twenty-three years of experience in the Commissioned Corps of the U.S. Public Health Service. He is board certified in Preventive Medicine and Public Health and has public health specialty training focused in systems management. He brings experiences from the Centers of Disease Control and Prevention, the Agency for Toxic Substances and Disease Registry and the Indian Health Service. He has authored numerous

chapters in medical books, major public guidelines, government and non-governmental publications.



Prescription Assistance Program

South Central Adult Services

Prescription Assistance Program
808 3rd Ave S, Suite 207
Fargo, North Dakota 58103
Phone: (701) 364-0398
Fax: (701) 364-5367
Email:
papfargo@southcentralseniors.org

North Dakota Reaches Settlement with Drug Company

BISMARCK, N.D. - The North Dakota Department of Human Services has reached a \$174,739 settlement with drug manufacturer Eli Lilly and Company. The settlement involves Medicaid restitution and additional recoveries and is part of a \$1.4 billion agreement the states and the federal government reached with the company to settle allegations that it improperly marketed the anti-psychotic drug Zyprexa from 1999 to 2005.

The settlement reimburses the federal government and participating states for excessive amounts paid by

the Medicaid program as a result of improper marketing practices. North Dakota's Medicaid program, which provides health services to qualifying low-income elderly individuals, pregnant women, children, and people with disabilities, is funded by both the federal government and the state.

S. 352 DTV— Implementation Delayed Congress has passed legislation to delay the switch from analog to digital



The new date is June 12, 2009 to provide better educate consumers about the transition provide consumers with ample opportunity converter box coupon program. The legislation consumers with expired coupons to apply replacement coupons. H.R. 1 the American and Reinvestment Act included \$650 million activities related to the DTV transition. •

Households may apply now for coupons online at www.DTV2009.gov, by phone at 1-888-DTV-2009 (1-888-388-2009), via fax at 1-877-DTV-4ME2 (1-877-388-4632) or by mail to P.O. Box 2000, Portland, OR 97208-2000. Deaf or hard of hearing callers

may dial 1-877-530-2634 (English TTY) or 1-866-495-1161 (Spanish TTY). Nursing home residents may apply with the paper application available downloadable at www.DTV2009.gov.

Consumers will receive a list of eligible converter boxes and participating retailers with their coupons. Coupons expire 90 days after they are mailed, and only one coupon can be used to purchase each coupon-eligible converter box.

For more information about the Coupon Program, please visit www.DTV2009.gov and for questions about the DTV transition, go to www.dtv.gov or call 1-888-CALL-FCC.

NTIA is responsible for the development of the domestic and international telecommunications policy of the Executive Branch.

Prairie Harvest's official new name is: Prairie Harvest Mental Health
Our tag line will be Support Services

Dr. Mary Wakefield will be the next Administrator of HRSA

President Obama Selects Top Rural Health Care Advocate to Oversee Key HHS Agency
Dr. Mary Wakefield will be the next Administrator of HRSA
President Obama today announced the appointment of one of the nation's top rural health care professionals as

Administrator of the Health Resources and Services Administration (HRSA). Dr. Mary Wakefield, Director of the Center for Rural Health at the University of North Dakota, will oversee this critical agency, which helps to deliver health care to those who are uninsured and underserved by our current health care system.

"As a nurse, a Ph.D., and a leading rural healthcare advocate, Mary Wakefield brings expertise that will be instrumental in expanding and improving services for those who are currently uninsured or underserved," President Obama said. "Under her leadership we will be able to expand and improve the care provided at the Community Health Centers which serve millions of uninsured Americans and address severe provider shortages across the country."

In addition to Community Health Centers across the country upon which millions of uninsured Americans depend for coverage, HRSA oversees many programs that the federal government runs to bring health care providers to underserved areas throughout the nation. In addition, HRSA will administer \$2.5 billion allocated in the Recovery Act to invest in our health care infrastructure and train health care professionals.

Dr. Wakefield's Bio:

Dr. Mary Wakefield was most recently the Associate Dean for Rural Health at the University of North Dakota School of Medicine and Health Sciences, where she

was a tenured professor and Director of the Center for Rural Health. Dr. Wakefield has expertise in rural health care, quality and patient safety, Medicare payment policy, workforce issues, and public policy. She has written many articles and columns on health policy and is on the editorial board of a number of professional journals.

Dr. Wakefield previously served as director of the Center for Health Policy, Research, and Ethics at George Mason University in Fairfax, VA. She also served as the Chief of Staff for United States Senator Kent Conrad (D-ND) from January 1993 to January 1996 and as Legislative Assistant and Chief of Staff to Senator Quentin Burdick (D-ND).

Dr. Wakefield has served as a member of the Medicare Payment Advisory Commission and the Department of Veterans Affairs' Special Medical Advisory Group. She served as Chair of the Institute of Medicine (IOM) Committee on Health Care Quality for Rural America and of the Catholic Health Initiatives Board of Trustees, and was a subcommittee chair for President Clinton's Advisory Commission on Consumer Protection and Quality in the Health Care Industry.

Dr. Wakefield received her M.S. in nursing and her Doctor of Philosophy from the University of Texas at Austin and her B.S. in nursing from the University of Mary at Bismarck, ND. She is a fellow in the American Academy of

Nursing, and is a recipient of numerous awards including the American Organization of Nurse Executives (AONE) 2006 Nurse Research Award and the 2008 Nursing Economics Margaret D. Sovie Writer's Award.

Source: THE WHITE HOUSE



LOCATION OF NEW VETERANS CLINIC IN GRAND FORKS

VA expects 5,500 visits per year at new Grand Forks clinic

The new Department of Veterans Affairs Community Based Outpatient Clinic in Grand Forks will be located at 3221 32nd Avenue South.

The Fargo VA Medical Center has awarded a contract for the clinic to RCH Properties, LLC, of Grand Forks. It is expected to open for veterans enrolled with the VA in the fall of 2009. The clinic will be a staffed VA clinic, open Monday through Friday from 8:00 a.m. to 4:30 p.m.

By making health care more readily available, the delegation said, the new clinic will help fulfill the commitment that was made to veterans. The VA projects that the new clinic will handle more than 5,500 patient visits annually

and lead to a 30 percent increase in the number of Grand Forks-area veterans who make use of the VA health care system.

"This new clinic will give a big boost to veterans who live in the Grand Forks area," the delegation said in a joint statement. "When these veterans signed up to serve our country, we made a promise that we would provide them with high-quality health care. This new clinic will help fulfill that promise."

Services at the new Grand Forks clinic will include comprehensive primary care, health promotion, maintenance, routine procedures and education. The clinic will also offer screening and interventions for mental health disorders, including evaluation for mental illness, substance abuse, post-traumatic stress disorder and sexual trauma counseling.

While some patients needing specialty care will be referred to Fargo's VA Medical Center, telemedicine will be used to provide care on-site when possible.

The establishment of the Grand Forks clinic is the result of a six-year effort by Senators Dorgan and Conrad and Congressman Pomeroy to make health care more readily available to North Dakota's veterans.

Due in part to the delegation's efforts, the blue-ribbon CARES Commission placed a greater

emphasis on meeting the needs of veterans in rural areas. Based on the commission's recommendations, the VA approved five new clinics in North Dakota to supplement the existing clinics in Bismarck, Grafton and Minot, as well as the Medical Center in Fargo. Community-based clinics in Williston, Jamestown, and Dickinson recently opened, and the clinic in Devils Lake will open soon.

Nutrition Sites Call the Grand Forks Senior Center

for more information at
701-772-7245
Grand Forks & Nelson
counties.

<http://gfseniorcenter.org>



Walsh County Nutrition
Program, Walsh County
701-284-7999.

Pembina County Meals &
Transportation,
Pembina County
701-454-6586.

Foster Grandparents

Sharing a **LIFETIME** of Wisdom

Check out the new web page:
http://www.seniorservice.org/redrivervalley_fgp

Red River Valley Foster
Grandparent Program
(701) 795-3112 or 888-256-6742

Minnesota-North Dakota, information, education, friendship and support. To learn more about a support group near you, call the Information 24/7 Information Helpline at 1.800.232.0851 or visit <http://www.alzmdak.org/2familyservices/findingresources.htm> - Support%20Groups.



Elder Abuse Bill Moves to Senate H.R.448 Elder Abuse Victims Act of 2009

Introduced in the House by Representative Joe Sestak (D-PA), the Elder Abuse Victims Act of 2009 establishes specialized elder abuse prosecution and research programs and activities to aid victims of elder abuse, provides for training for prosecutors and other law enforcement related to elder abuse prevention and protection, and establishes programs that provide for emergency crisis response teams to combat elder abuse. The bill passed the House, was received in the Senate, read twice and referred to the Committee on the Judiciary. To read more about these bills go to

www.thomas.loc.gov and search for the bills by number.

Are You Ready? Just in Case: Emergency Readiness for Older Adults and Caregivers

Although seniors made up only 15% of the population of New Orleans before Hurricanes Katrina and Rita, according to Knight Ridder, 74% of the hurricane victims were older adults. These events served as a grim reminder that older adults are disproportionately at risk in disaster situations, and emergency preparation is an even greater concern for this population.

The U.S. Administration on Aging's National Family Caregiver Support Program and Caresource Healthcare Communications, Inc. are pleased to announce the new consumer guide Just in Case: Emergency Readiness for Older Adults and Caregivers. This free consumer resource includes a 12-page fact sheet and checklist that will help older adults and caregivers prepare for emergencies. Special emphasis is placed on issues that affect older adults, disabled persons, and their caregivers due to medical conditions, physical challenges, assistive devices, and mobility issues. Just in Case presents an easy-to-do three step approach to emergency preparedness:

Step 1 focuses on a handful of essential things a person should know

Step 2 covers emergency supplies, both for surviving at home and for evacuation if necessary

Step 3 is creating a personal plan that takes into account a person's own unique medical and physical needs.

"Just in Case is a valuable and timely resource for older adults and their caregivers. It both encourages personal responsibility and also provides direction to additional assistance in the community, empowering those who go through the steps to prepare themselves and their loved ones in case of an emergency. I think every care professional, senior, and caregiver should read it and share it with clients, families, friends, and anyone else they care about." – Erica Karp, President, GCM Consulting Inc.

Just in Case is a supplement to Aging in Stride, a 380-page guide to healthy aging and effective eldercare. The new supplement is available as a free consumer resource at the Aging in Stride website www.aginginstride.org, on the Administration on Aging's website www.aoa.gov, and included with purchases of the book Aging in Stride.

Aging in Stride is available at www.aginginstride.org or by calling 800-448-5213.

Images and press release available in electronic files at www.aginginstride.org/mediacenter.htm.

Take Protective Measures

Before a Flood

To prepare for a flood, you should:

- Avoid building in a floodplain unless you elevate and reinforce your home.
- Elevate the furnace, water heater, and electric panel if susceptible to flooding.
- Install “check valves” in sewer traps to prevent floodwater from backing up into the drains of your home.
- Construct barriers (levees, beams, floodwalls) to stop floodwater from entering the building.
- Seal walls in basements with waterproofing compounds to avoid seepage.

During a Flood

If a flood is likely in your area, you should:

- Listen to the radio or television for information.
- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.
- Be aware of streams, drainage channels, canyon, and other areas known to flood suddenly. Flash floods can occur in these areas with or without such typical warnings as rain clouds or heavy rain.

If you must prepare to evacuate, you should do the following:

- Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper floor.
- Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.

If you have to leave your home, remember these evacuation tips:

- **Do not walk through moving water.** Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.
- **Do not drive into flooded areas.** If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely. You and the vehicle can be quickly swept away.

Driving: Flood Facts

The following are important points to remember when driving in flood conditions:

- Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.
- A foot of water will float many vehicles.
- Two feet of rushing water can carry away most

vehicles including sport utility vehicles (SUV's) and pick-ups.

The following are guidelines for the period following a flood:

- Listen for news reports to learn whether the community's water supply is safe to drink.
- Avoid floodwaters; water may be contaminated by oil, gasoline, or raw sewage. Water may also be electrically charged from underground or downed power lines.
- Avoid moving water.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- Stay away from downed power lines and report them to the power company.
- Return home only when authorities indicate it is safe.
- Stay out of any building if it is surrounded by floodwaters.
- Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.
- Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewage systems are serious health hazards.
- Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.

Additional Information

Flood Insurance

Consider the following facts:

- Flood losses are **not covered** under homeowner's insurance policies.
- FEMA manages the National Flood Insurance Program, which makes federally back flood insurance available in communities that agree to adopt and enforce floodplain management ordinances to reduce future flood damage.
- Flood insurance is available in most communities through insurance agents.
- There is a 30-day waiting period before flood insurance goes into effect so don't delay.
- Flood insurance is available whether the building is in or out of the identified flood-prone area.

For More Information

If you require more information about any of these topics the following are resources that may be helpful.

FEMA Publications

- *After a Flood: The First Steps*. L-198. Information for homeowners of preparedness, safety, and recovery from a flood.
- *Homeowner's Guide to Retrofitting: Six Ways to Protect Your House from Flooding*. L-235. A brochure about obtaining information about how to

protect your home from flooding.

- *Homeowner's Guide to Retrofitting: Six Ways to Protect Your House from Flooding*. FEMA-312.
- *About the Flood: Elevating Your Flood-prone House*. FEMA-347. This publication is intended for builders, code officials, and homeowners.
- *Protecting Building Utilities From Flood Damage*. FEMA-348. This publication is intended for developers, architects, engineers, builders, code officials, and homeowners.

American Red Cross

- *Repairing Your Flooded Home*. Sixty-page booklet about how to perform simple home repairs after flooding, including cleaning, sanitation, and determining which professionals to involve for various needed services. Local Red Cross chapters can order in packages of 10 as stock number A4477 for a nominal fee. Also available online at www.redcross.org/services/disaster/0,1082,0_570_0.html.

National Weather Service

- *Hurricane Flooding: A Deadly Inland Danger*. 20052. Brochure describing the impact of hurricane flooding and precautions to take. Available online at www.nws.noaa.gov/om/br

[ochures/InlandFlooding.pdf](http://www.nws.noaa.gov/om/br/ochures/InlandFlooding.pdf)

- *The Hidden Danger: Low Water Crossing*. 96074E. Brochure describing the hazards of driving your vehicle in flood conditions. Available online at www.nws.noaa.gov/om/br/ochures/TheHiddenDangerEnglish.pdf

3-16-09

HOEVEN DECLARES STATEWIDE FLOOD EMERGENCY

BISMARCK, N.D. – Gov. John Hoeven issued a statewide disaster declaration in anticipation of potential flooding, citing heavy snow pack on saturated land around the state and flood forecasts by the National Weather Service indicating “a strong potential for significant flooding in river basins throughout the state.”

Hoeven formally requested assistance from the Omaha District of the U.S. Army Corps of Engineers to supplement state and local efforts. Hoeven said, “Because of the urgent and compelling flood threat, I am requesting Corps assistance for flood control efforts in the Devils Lake, James River, Souris River, and Red River of the North basins, as needed.”

Hoeven has previously directed the North Dakota National Guard to preposition resources around the state and alerted other state agencies to activate their

emergency operations plans in anticipation of a possible flood crest in several regions of North Dakota in coming days or weeks.

“With this season’s record snowfall, we clearly have the potential for damage to homes, farms and businesses in various communities throughout our state,” Hoeven said. “To mitigate the damage, we are working in advance with state and local officials, as well as the Army Corps of Engineers, to have resources at the ready.”

The Governor, along with Sen. Byron Dorgan, will be in Fargo and Grand Forks over the weekend to meet with state, local and federal officials to review conditions on the ground and coordinate state, federal and local assistance.

North Dakota state agencies are providing technical and resource assistance, as requested. The State Emergency Operations Center (SEOC) has been activated in response to potential flooding. Staff members are assessing flood preparation needs and providing guidance and assistance, as needed, to include identifying public and private resources available to provide sandbags, pumps, generators and other equipment needed for flood fighting operations.

Additional steps that state and local officials have taken in

preparation for possible flooding include the following:

- The N.D. Division of Homeland Security (NDHLS) conducted plan reviews on February 5 with the National Weather Service (NWS) and state agencies assigned responsibility in the Flood Incident Annex of the State Emergency Operations Plan (SEOP).
- North Dakota Division of Homeland Security State Emergency Operations Staff is coordinating state assistance.
- The SEOC issued Flood Response Alert Notification (RAN) to lead and support state agencies on February 6.
- The N.D. National Guard conducted a statewide flood preparedness exercise at the end February in preparation for potential events.

In early March, the N.D. Department of Emergency Services, along with the USACE, NWS, local officials and FEMA held flood outreach meetings and public flood awareness forums in Minot, Fargo, Devils Lake and Grand Forks.

Current flood warnings, statements, forecasts and river levels can be found at www.weather.gov/ahps.

Taking Care of Yourself - Boost Your morale



Consider posting a bulletin board with pictures of family and friends where you spend time. Update the pictures whenever possible

*The Comfort of Home
© 2004 CareTrust Publication 800/565-1533
www.comforttohome.com*

The Consumer Protection Division of the Attorney General's Office enforces North Dakota's Do Not Call laws.

It is a good idea to register cell phone numbers on the Do Not Call list at 1-888-382-1222, if you do not want to receive telemarketing calls on your cell phone. However, it is not correct that the cell phone companies are releasing a directory of cell phone numbers. It is a widespread rumor.

Also, registrations on the Do Not Call List no longer expire in 5 years. However, it is a good idea to regularly confirm (at least once-a-year) that your telephone number is on the Do Not Call List. If your number is not registered at that time, you should re-register your number. Without going into detail, phone numbers on the Federal Trade Commission's Do Not Call Registry (which is the

same list for North Dakota's Do Not Call List) may be dropped by the FTC without the telephone subscriber's knowledge. One example is when subscribers make a change in their telephone carrier or service, like bundling telephone service with cable service, even when the telephone number does not change. The verification process, either by phone or website, is simple.

If you have questions, please call the Attorney General's Consumer Protection Division at 1-800-472-2600 or 701-328-3404.

Legal Services of North Dakota

General Centralized Intake Toll Free Number - 1-800-634-5263
Seniors (60 and over) Intake Toll Free Number - 1-866-621-9886

This number should be used by persons wanting help from LSND. All initial screening and advice is provided through these toll free numbers.

<http://www.legalassist.org/>

CDC to Commit Approximately \$5 Million in FY2009 to Fund Health Promotion and Disease Prevention

This funding opportunity announcement (FOA) is intended to solicit applications that support translation of health protection research into public health practice with an emphasis on achieving health

equity. This FOA will also contribute to achieving the health promotion and disease prevention objectives of "Healthy People 2010" and to measuring program performance as stipulated by the Government Performance and Review Act (GPRA).

Please note this announcement contains a specific section on older adults. Excerpt: The U.S. population is aging at a rate unprecedented in the nation's history. Nearly 29% of Americans are 50 years old or older (CDC [2003]). The current growth in the number and proportion of older adults has far-reaching implications for the US public health system and will increase the demands on US health care systems and the need for social services and long-term care. It is essential for public health to focus on opportunities that will prevent or delay onset of disease, injury, and disability. Among the most critical areas for translation research are preventive services and other evidence-based interventions for preventing and controlling disease, injury, and disability in the aging population.

Approximately 10-12 applications will be funded. The average award amount will be \$425,000 in total costs for a 12 month budget period for up to three years. The approximate total three year project period funded amount is \$1,350,000. The anticipated start date for new awards is September 1, 2009.

For more information, contact CDC at 770-488-2700 or PGOTIM@cdc.gov. For more information on this announcement, please visit <http://www.cdc.gov/od/pgo/funding/CD09-001.htm>

American Recovery and Reinvestment Act of 2009: More Meals for Older Americans

American Recovery and Reinvestment Act Includes \$100 Million for Meals for Older Americans

The recently-passed American Recovery and Reinvestment Act (ARRA) includes \$100 million for programs supported by the Administration on Aging that serve meals to senior citizens in need. The programs will provide 14 million meals nationwide over the next two fiscal years.

Through the ARRA, the Administration on Aging (AoA) received \$65 million for Congregate Nutrition Services provided at senior centers and other community sites, \$32 million for Home Delivered Nutrition Services delivered to frail elders at home and \$3 million for Native American Nutrition Programs. The funding will be distributed to 56 states and territories and 246 tribes and Native Hawaiian organizations.

To learn more about programs supported by the American Recovery and Reinvestment Act, visit <http://www.hhs.gov/recovery>.

Study: Boomer Bookends -- Insights into the Oldest and Youngest Boomers

Just released last month, the MetLife Mature Market Institute (MMI) study, Boomer Bookends: Insights into the Oldest and Youngest Boomers, compares the "leading edge" Boomers (those born in 1946) and the "trailing edge" Boomers (those born in 1964). This is the second year in a row that MMI conducted a nationally representative survey of the oldest boomers, those turning age 63 in 2009. The sample included respondents from the 2007 MMI study, Boomers: Ready to Launch, who agreed to be re-contacted, as well as additional new respondents. To read the entire study and learn its findings, please visit: <http://www.metlife.com/assets/cao/mmi/publications/studies/mmi-studies-boomer-bookends.pdf?SCOPE=Met>

Region IV Health and Wellness Site Schedule

Grand Forks County: Greater Grand Forks Senior Citizens Association,
Grand Forks, ND,
701-772-7245

Gilby: 3rd Thursday of every other month
Manvel: 2nd Friday of every other month
Northwood: 3rd Friday of every month
Thompson: 2nd Monday of every other month

Nelson County: Home Health Services of Nelson County Health System, McVile, ND, 701-322-4328

Schedules announced regularly with services offered every other month, odd months.

Pembina County: The Diabetes Center of Altru Clinic-Cavalier, Cavalier, ND, 701-265-8338

Cavalier: 2nd Tuesday of every month
Drayton: Last Monday of every month
Neché: mornings, 2nd Monday of every month
Pembina: afternoons, 2nd Monday of every month
St. Thomas: mornings, 3rd Monday of every month
Walhalla: 1st Monday of every month

Walsh County: Home Health Hospice Services of Unity Medical Center, Grafton, ND, 701-352-9399

Grafton: 3rd Tuesday of every month
Park River: 4th Wednesday of every month

Telephone Numbers to Know

Regional Aging Services Program Administrators

Region I - Karen Quick
1-800-231-7724
Region II - MariDon Sorum
1-888-470-6968
Region III - Donna Olson

1-888-607-8610

Region IV - Patricia Soli

1-888-256-6742

Region V - Sandy Arends

1-888-342-4900

Region VI - Carrie

Thompson-Widmer

1-800-260-1310

Region VII - Cherry Schmidt

1-888-328-2662

Region VIII - Mark Jesser

1-888-227-7525

North Dakota Aging and Disability Resource-LINK:
1-800-451-8693

<http://www.carechoice.nd.gov>

Region IV Aging Services newsletter at the following link:

<http://www.nd.gov/humanservices/info/pubs/aging.html>

Vulnerable Adult Protective Services

Region I & II - Deb Kraft,
Vulnerable Adult Protective Services, Long Term Care Ombudsman -
1-888-470-6968

Region III - Shirley Tandeski,
Vulnerable Adult Protective Services, 1-888-607-8610

Region IV - Direct Referral Grand Forks County Social Services VAPS - 701-797-8540.
Vulnerable Adult Protective Services, Patricia Soli - 1-888-256-6742.

RaeAnn Johnson, contact for Vulnerable Adult Team (VAT) and Education- 1-888-256-6742.

Kim Helten - Long Term Care Ombudsman **1-888-607-8610.**

Region V - Vulnerable Adult Protective Services, Sandy Arends - 1-888-342-4900.

Direct referral may be made to Cass County Adult

Protective Services unit -
701-241-5747.

Region VI - Russ Sunderland,
Vulnerable Adult Protective
Services - **701-253-6344.**

Region VII - Cherry Schmidt,
Vulnerable Adult Protective
Services - **1-888-328-2662**

Region VIII - Mark Jesser,
Vulnerable Adult Protective
Services & Long Term Care
Ombudsman -
1-888-227-7525

ND Family Caregiver Coordinators

Region I - Karen Quick -
1-800-231-7724

Region II - Theresa Flagstad
- **1-888-470-6968**

Region III - Kim Locker-
Helten - **1-888-607-8610**

Region IV - Raeann Johnson
- **1-888-256-6742**

Region V - Laura Fischer-
1-888-342-4900

Region VI - Carrie Thompson-
Widmer - **1-800-260-1310**

Region VII - Tami Johnson -
1-888-328-2662

Region VIII - Rene Schmidt
- **1-888-227-7525**

Other

- Aging Services Division
Office and Senior Info
Line: **1-800-451-8693**
- AARP: **1-888-OUR-AARP
(1-888-687-2277)**
- AARP Pharmacy:
1-800-456-2277
- ND Mental Health
Association: **701-255-3692**
- ND Mental Health
Association Help-Line:
1-800-472-2911

- **IPAT** (Interagency
Program for Assistive
Technology):
1-800-265-4728
- Legal Services of North
Dakota: **1-800-634-5263**
or **1-866-621-9886** (for
persons aged 60+)
- Attorney General's Office
of Consumer Protection:
701- 328-3404 or **1-800-
472-2600**
- Social Security
Administration:
1-800-772-1213
- Medicare: **1-800-247-
2267/ 1-800-MEDICARE**
Toll-Free 800 Information:
(Directory Assistance for 800
number listings):
1-800-555-1212
- Senior Health Insurance
Counseling (SHIC) ND
Insurance Department:
1-701-328-2440
- Prescription Connection:
1-888-575-6611

Energy Assistance

**For more information on
energy assistance programs
call:**

- Grand Forks County
Social Services: (701)
787-8500.
- Red River Valley
Community Action: (701)
746-5431.
- The Salvation Army: (701)
775-2597.
- St. Vincent de Paul:
(701) 795-8614.

Local energy contacts:


- Excel Energy: (800) 895-
4999 (residential customer
service).

- NoDak Electric
Cooperative:
(701) 746-4461.




There's no place like home!

**Why not consider being an
Adult Foster Care Provider?**



- **You** can provide a safe, caring environment for adults age 18 and older with special needs
- **You** can support their ability to live independently
- **You** can receive monthly payments for room, board and care

Help these adults remain a vital part of our community.

United Way 

**Contact Grand Forks
County Social Services Today!
701-787-8540**

Recruitment Campaign Funded by United Way of GFEIGF